



# Gearing Up For Your Transitions

## **Breast Exams are important for Women and Men Getting into the habit of a self-exam is important**

*Adapted from and made possible with permission from the University of Illinois at Chicago (UIC)  
Specialized Care*

1. Check your breasts every month one week after your period.
2. Lie down and put a pillow under your right shoulder and put your right arm over your head.
3. Use your fingers on your left hand to feel for lumps in your right breast.
4. Make sure you press firmly enough to know what your breast feels like (you can ask a doctor or nurse to show you how).
5. Move your fingers in the same way around your breast. Pick one of these 3 ways:  
(A) circle (B) up and down (C) out from the center
6. Do the same steps with the left breast.
7. Let your health care provider know if you think you feel a lump so he or she can make sure everything is okay.